



Heritage Center
#10 E. 6150 S.
801-264-2635
www.murray.utah.gov

Accredited by 
National Institute of
Senior Centers

Happy Jack

Please join us as we make this 'happy' pumpkin door hanger/yard stake (size approximately 9"x12") on **Tuesday, October 14 at 1:00**. You'll be able to finish this project and take it home the day of class. Cost is \$5 (includes all supplies). Pre-register by October 10.



Flu & Pneumonia Shots

Community Nursing Services will be at the Center on **Tuesday, October 7** from **10:00-12:00**. They will offer regular influenza vaccine, or high dose (for over 65), and pneumonia shots. You **MUST** bring with you: Medicare card (and have part B) and photo ID. If you don't have insurance, the regular shot is \$25 and high dose is \$50. No sign up needed.

Heritage Center

The Heritage Center is 55+

October 2014 Supplement



Tickets on sale Sept. 25

Thursday, October 23

11:00-1:00

The cost is \$8 for lunch & entertainment. You can reserve a table starting on September 25. Choose Chicken or Bratwurst for lunch and enjoy the sounds of the popular Salzburger Echo Band at 11:00. The room won't open until 10:30.

Halloween Fun—Friday, October 31

Friday, October 31 the Center will celebrate Halloween with a costume contest, a costume parade by Liberty 5th graders, a spooky lunch, and special Halloween bingo sponsored by Jenkins Soffe. Free root beer floats from 11:00-11:30 **for those dressed** in costume, \$1 for all others. Prizes will be awarded at 11:30 to the top three costumes and participants will vote on their favorite. 1st place wins a \$25 gift certificate. The Heritage "Jam" group will perform until 11:30. School kids parade at noon. No reservations are needed for the Lunch that will run as usual with serving from 11:30-12:30. You may also choose a salad, sandwich, or soup option in place of the "spooky" main menu.



October
2014



Heritage Center Events


Heritage
Center

#10 E. 6150 S.
(West of State)
801-264-2635

www.murray.utah.gov
heritage@murray.utah.gov

We are here to
serve you

Monday-Friday
8:00-4:30 and
Thursday until
10:00 PM

Monday		Tuesday	
 <p>Learn Pickleball every Thursday from 9:00-11:00 in the multi-purpose room at the Heritage Center. Pickleball is also played on Tues./Thurs. from 8-12:00 noon and Friday from 6:00-9:00 p.m. at the Park Center in Murray Park.</p>			
9:00 NIA	6	8:30 Ceramics	7
10:30 Chakra/Meditation		9:00 Stretch/Haircuts	
11:00 Bridge Lessons		9:30 Line Dancing	
12:30 Ladies Pool		10:00 Flu Shots	
1:00 Movie-Bears (Documentary)		10:30 Tai Chi	
1:00 Dance Lessons		11:00 Canasta	
2:00 Strength Conditioning		11:30-12:30 Lunch	
5:00 Golf Banquet		12:00 Exercise Help	
		12:45 Crafts	
		1:00 Basic I Computer Class	
		2:00 Beginning Line Dancing	
9:00 NIA	13	8:30 Ceramics	14
9:30 Computer Help		9:00 Stretch/Haircuts	
10:30 Chakra/Meditation		9:30 Line Dancing	
11:00 Bridge Lessons		10:30 Tai Chi	
12:30 Ladies Pool		11:00 Canasta / Attorney Consult	
1:00 Movie-Amazing Spider-man 2		11:30-12:30 Lunch	
1:00 Dance Lessons		12:00 NO Exercise Help	
2:00 Strength Conditioning		12:30 Bereavement Support Group	
		12:45 Crafts / 1:00 Basic I Computer	
		1:00 Wood Pumpkin Craft Class	
		2:00 Beginning Line Dancing	
9:00 NIA	20	8:30 Ceramics	21
10:30 Chakra/Meditation		9:00 Stretch/Haircuts	
11:00 Bridge Lessons		9:30 Line Dancing	
12:30 Ladies Pool		10:00 Antelope Island Trip	
1:00 Movie-Blended		10:30 Tai Chi	
2:00 Strength Conditioning		10:30 Joint Pain Class	
		11:00 Canasta	
		11:30-12:30 Lunch	
		12:00 Exercise Help / Medicare Counsel	
		12:45 Crafts	
		2:00 Beginning Line Dancing	
9:00 NIA	27	8:30 Ceramics	28
9:00 Computer Help		9:00 Mood & Memory Screening	
9:30 AARP Smart Driving Class		9:00 Stretch/Haircuts	
10:30 Chakra/Meditation		9:30 Line Dancing	
11:00 Bridge Lessons		10:30 Tai Chi	
12:30 Ladies Pool		10:30 Basic Medicare Class	
1:00 Movie-The Fault of Our Stars		10:30 Vital Aging / 11:00 Canasta	
2:00 Strength Conditioning		11:30-12:30 Lunch	
		12:00 Exercise Help	
		12:45 Crafts	
		2:00 Beginning Line Dancing	

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	1	8:30 Ceramics 9:00 Stretch/Pickleball 10:30 Tai Chi/Fall Color Trip 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch / Med. Disposal 12:00 Exercise Help 12:30 Game Day/Happy Hatters 12:45 Square Dance / 1:00 Basic I 2:00 Strength Conditioning 7:00 Dance/Poetry Class	2	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	3
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	8	8:30 Ceramics/Wendover 9:00 Stretch & Tone/Pickelball 10:30 Tai Chi 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day 12:45 Square Dance 1:00 Basic I Computer 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance/ Poetry /UTE Radio	9	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	10
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	15	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Toe Nail Clippings 10:30 Tai Chi 11:30-12:30 Lunch 12:00 NO Exercise Help 12:30 Game Day/Happy Hatters 12:45 Square Dance 1:00 Basic I Computer 2:00 Strength Conditioning 7:00 Dance/ Poetry Class	16	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	17
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	22	8:30 Ceramics 9:00 Stretch & Tone 9:00 NO Pickleball Instruction 10:30 Tai Chi 11:00 Oktoberfest Celebration 12:00 Exercise Help 12:30 Game Day 12:45 NO Square Dancing 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance/ Poetry Class	23	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	24
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	29	8:30 Ceramics 9:00 Stretch & Tone 9:00 Pickleball Instruction 10:00 Skin Cancer Screening 10:30 Tai Chi 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day / 12:45 Sq. Dance 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance	30	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:00 Free Root Beer Floats for those dressed in costume! 11:30 Halloween Costume Contest 11:30-12:30 Lunch 11:45 Massage 12:45 Halloween Bingo 1:00 Bridge	31

Program Reminders

Recreation

Jam Session on Thursday, October 9 at 3:30.

Square Dancing begins again on Thursday, October 2 at 12:45 with caller Don Carlton instructing beginners. Cost is \$1.50 each time.

Services

Flu & Pneumonia Shots on Tuesday, October 7 from 10:00-12:00.

Attorney Consultations

Tuesday, October 14 at 11:00.

Bereavement Support Group is Tuesday, October 14 at 12:30.

Podiatrist Thursday, October 16 at 9:30.

Blood Pressure and Glucose checks on Thursday, October 2 and Friday, October 17 from 11:00-12:00.

Barbershop every Tuesday morning.

Massage Therapy Friday afternoons.

Trips

Fall Colors Thursday, October 2

Wendover Thursday, October 9

Antelope Island Tuesday, October 21

Classes

*Date change—Meditation begins Monday October 6 and runs for 8 weeks at 10:30.

Medicare Counseling October 21 at 12:00.

Non-surgical Approaches to joint pain is Tuesday, October 21 at 10:30.

AARP Smart Driving Course is Monday, October 27 at 9:30.

Vital Aging-Maintaining Healthy Body, Mind and Soul class Tuesday, October 28 at 10:30.

New Painting session begins Wednesday, October 29 and runs through December 3. Cost is \$30.

Ceramic Class Tuesday/Thursday.

Exercise every day—check the front desk for a schedule of classes.

Stepping On Class begins October 1

The Center is pleased to announce a new class called **Stepping On**, beginning **Wednesday, October 1 at 12:30-2:30** and running thru **Wednesday, November 12**. The 7 week workshop is geared to help participants prevent falls by utilizing strength/balance exercises, home safety check ideas, and a display of fall prevention products. Check for space availability.

Drug Take Back—dispose of unused meds

The Salt Lake County Drug Enforcement Administration will be at the Center on **Thursday, October 2** from **11:30-1:00** to take back and dispose properly any prescription medicine, over the counter medicine, vitamins, pet medications, medicated ointments & lotions that you no longer use.

Basic Medicare Supplement Class—date change

The date has been changed to **Tuesday, October 28 at 10:30** for the basic Medicare supplement presentation. Join Troy Stover from the Utah Insurance Department Health Division to learn about Medicare Supplement Plans (also known as Medigap plans). Open enrollment for 2015 starts October 15 and runs until December 7. This is the time you can purchase or change Advantage Care plans. You may be turning 65 this year and have a myriad of questions about Medicare, Medigap, or Part D-prescription plans. Mr. Stover does not sell anything, he only educates you on how to understand Medicare supplement issues. This is a free class, sign up now.

Mood & Memory Screening—Sign up now

On **Tuesday, October 28 at 9:00** the Master's Program from Valley Mental Health will offer mood & memory screenings. Tifani Holloway, will assist with these screenings. The screening will take approx. 20 minutes and a resource handout will be available with the screenings. Sign up now.

Skin Cancer Screening—Sign up now

Dr. Rolfe Horsley from IHC will be at the Center on **Thursday, October 30 at 10:00** for skin cancer screenings. Appointments are needed. It is always good to have your skin checked after the summer months. Most skin cancers are highly curable, more common among women with light pigmented skin, a family history of melanoma, personal history or diagnosis of non-melanoma skin cancer or pre-cancer. This is a free service.

Blood Testing

IHC Laboratories will offer Blood Testing on **Thursday, November 6 from 9:00 – 11:00**, appointments are needed. The cost is \$35 for a Lipid Profile, and Hemoglobin A-1C. For an extra \$15 you can include a Thyroid test.

Fasting Is Required. Appointments are made starting on October 23. Payment is made to IHC the day of testing.



October 2014

Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30 — Prices range from \$2.00 - \$4.00

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CHICKEN MARSALA Egg Noodles Zucchini Birthday Cake & Ice Cream	2 TURKEY BURGERS Asian Slaw Frosted Sugar Cookie	3 CHICKEN FRIED STEAK Mashed Potatoes, Gravy, Veggies Orange Cream Cake
6 No Lunch	7 SAUSAGE STUFFED ZUCCHINI Green Salad Pecan Pie Bars	8 LEMON HERB CHICKEN Baked Potato, Apple Snickers Salad	9 MONGOLIAN BEEF Wontons Veggies Squirrel Cake	10 BOURBON CHICKEN Rice Peas Peach Cobbler
13 No Lunch	14 CHICKEN SPINACH ARTICHOKE PASTA Roasted Veggies Cinnamon Cookie	15 CARNITAS ENCHILADAS Tomatillo Salad Churros	16 HONEY HAM Cheesy Potatoes Veggies Oreo Fluff	17 SHRIMP BOIL Potatoes Corn Apple Toffee Blondie
20 No Lunch	21 KOREAN BEEF RICE BOWL Veggies Blueberry Muffin Cake	22 PARMESAN CRUSTED PORK Roasted Potatoes Carrots Tiramisu	23  *OKTOBERFEST—\$8 Chicken or Bratwurst German Potato Salad Green Beans, Pretzel Black Forest Cake and Root Beer!	24 BEEF STROGANOFF Egg Noodles, Veggies French Toast Cupcake
27 No Lunch	28 SMOTHERED CHICKEN CASSEROLE Green Salad Pie	29 FISH TACOS Chopped Salad Coconut Lime Cookies	30 MUSHROOM SALISBURY STEAK Mashed Potatoes, Gravy, Veggies Blueberry Cobbler Cookie	31 HALLOWEEN  Boil & Bubble Soup Bat Wings Haunted Forest Green Salad Death by Chocolate Cake